

Hood River News

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Beat the Heat

*Have fun in the sun — and the water
— but stay safe*

Here are some tips from American Red Cross and National Weather Service for how to beat the heat:

- Avoid exertion during the heat of the day
- Stay hydrated with clear, non-alcoholic, non-caf-feinated liquids — even if you're not thirsty
- Use caution near rivers or lakes and be sure to wear a life jacket
- Reschedule strenuous activity to early morning or evening
- Know the signs and symptoms of heat exhaustion and heat stroke
- Wear light weight and loose fitting clothing when possible
- Keep blinds or shades closed during the day
- Wait until cooler times of day to run dishwashers and clothes dryers
- Instead of using a stove, consider a microwave or outdoor grill

Furthermore, to reduce risk during outdoor work, The Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments, and anyone overcome by heat should be moved to a cool, shaded location.

"Heat stroke and other heat-related illness is an emergency," said Oregon Office of Emergency Management Director Andrew Phelps. "Call 911 or seek medical attention immediately if you think someone is experiencing health issues due to the heat."

The Red Cross has some simple steps to help beat the heat:

- Never leave children or pets alone in vehicles. The temperature inside can reach a dangerous level within a few minutes.
- Avoid working outdoors; if you must do so, take frequent breaks and use the buddy system.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone, or who are more likely to be affected by the heat.
- If possible, bring animals inside. If not, frequently check to ensure they are comfortable and have water and a shady place to rest.
- Check with your local county office to locate cooling centers near you (downtown Hood River Library, with A/C, serves as a designated area).

This weekend temperatures are expected to reach record highs, possibly in the triple digits. And with the increased heat, more and more people will take up swimming to cool themselves off.

"Many people will flock to local lakes, rivers, pools, and the coast," said Brian Hoffmeister, American Red Cross aquatic specialist. "This year Oregon has already experienced a record number of drownings. There are ways to stay safe."

Helpful tips before rushing to pool parties or rivers and lakes this weekend:

- The water is cold. Cold water can easily lead to hypothermia and put even strong swimmers in a dangerous situation.
- Be careful around moving water, which may be much faster and stronger than it appears. This can swiftly push you downstream or exhaust strong swimmers. Be honest with yourself about your swimming abilities.
- Look before you leap! Don't blindly jump into unfamiliar water. Underwater obstacles can cause significant injury or death. Always jump feet first, especially this year with severely low water levels.
- Never swim alone. Always swim with others, preferably in a supervised or lifeguarded area.
- Wear a lifejacket. They are simple to use and can prevent most drowning events. Make sure jackets are properly fitted and contain a U.S. Coast Guard approved label.
- Know how to respond to a water emergency. Swimmers in distress need help immediately: reach or throw, don't go. Call 9-1-1.

Our readers write



What to ask Sen. Wyden

"Senator Wyden will be in Hood River on Saturday, June 27, for his 2015 Hood River County Town Hall. The meeting will be at the Hood River Valley Adult Center (2010 Sterling Drive) starting at 1 p.m. Sen. Wyden will update constituents on his work in Washington, D.C., and answer their questions and invite their suggestions about how to tackle the challenges facing Oregon and America."

I will be away and am sorry for that.

Could someone or more ask him anything like this question (?):

Senator, you know already that there are 80 billionaires who own more than half the people on Earth. (As a matter of fact, if one of them needed to speak to you about some important concern of his, I believe you could be located to take his call, whereas I, of course, will never be able to get you on the phone.) What guarantee can you give from reading this very secret document that it will not largely be used by these world controllers and their ilk to deepen and perfect their domination of politic\$ here and around the globe?

For instance, one provision (Investor-State Dispute Settlement, or I.S.D.S.) allows a corporation to sue a government, our own included, if any law or policy reduces their profits, present and future.

The board will hear disputes such as "Phillip-Morris Against Australia" for that country allowing only colorless and non-inviting graphics on cigarette packs. And it will be made of three lawyers who have just been and will shortly again be arguing their corporations cases before the same "court," with different lawyers revolving into "judgeships."

Isn't this a recipe for a Lawyers Heaven opening us to such suits being used to both nuisance and bully every government into accepting corporate profits as the universal highest value?

Several people asking a variant of this question, stressing his "respect" for our corporate leaders (the would-be and presently Masters of the Universe) would be instructive.

Since he has read it and asks us to trust him with it, what is his guarantee?

Bob Williams
Hood River

Thank you, John Duckwall

What an unexpected treat it was to open the Hood River News (June 24) to see the face of the late John Duckwall, along with an account of donations made recently through his endowed fund.

John was one of the kindest and most open-minded of men. He introduced me to the work of The Next Door, Inc., and I know how devoted a volunteer he was to that fine organization.

All of the recipients of the contributions listed are clearly worthy and a fit with John's values. I'm especially glad to see the Hood River Warming Shelter among them. Although it didn't exist during his lifetime, I feel

sure John would have been a strong supporter.

As we all brace for the coming extreme heat wave, it's hard to remember about winter weather, which brings such hardship to those without homes or shelter. But the months will fly past ... and the Warming Shelter will once again be needed. Planners are already preparing, seeking a site and purchasing needed supplies. Donors are always much appreciated ... go to hoodrivercares.org to help.

Thank you to John Duckwall and to the Trustees of his Endowed Fund.

Tina Castañares
Hood River

Explore fears

We are not very different, you and I. We breathe. We fall in and out of love. We support the next generations. We survive. We die.

Comparing skin color is so superficial when I compare life to these deeper experiences we all share worldwide. Still, sometimes I find myself afraid of people that look different than me. I consider myself a worldly person with friends of different ethnicities.

When a mass shooting, apparently motivated by racism, occurs like the recent massacre in South Carolina, what can I offer my fellow human beings as a proud American and citizen of the world? I keep coming back to reflecting on my own fears

and biases. I feel that by exploring these fears, I will have a small positive effect on the larger whole. Even if it's a genuine smile towards someone that looks different than myself.

Avery Hoyt
White Salmon

Some props and a drop

This is a very belated congrats and thanks. I was running for the Port Position 4. I did not expect as many votes as I received, especially being a newbie and running no campaign. Congrats to Mr. Brian Shortt. There is not a need for a re-count.

Congratulations to the HRVHS baseball team. I enjoyed watching such fine young people at work. They were well coached, especially from the stands. Thanks to the HRFD and HRPD for my rescue from the Indian Trail blackberry bushes due to a brake malfunction in my power chair.

Thanks to Stu for publishing my comments in BizBuzz. My jokes were edited out as I expected, but still published. The Hood River News started a dialogue with me and I followed up several times but I did not hear from them again.

Wait for it. Wait for it. Here comes the editor's note.

Dennis Cullington
Hood River



Photo by Kirby Neumann-REA

SEEN AT Gorge Grown Farmers Market.

Golden is the new brown

The other day I heard the most amazing piece on the radio about the drought in California. It was written by a 9-year-old girl in San Francisco, and she had such interesting things to say.

For example: "We are heading into the fourth year of this drought and something big has to be done. If we start to change our attitudes and look at the drought not with dread but as an opportunity, we can solve the problem ... Let's appreciate what we have and say gold is the new green. After all, grass doesn't really turn brown when it dries. It actually turns a yellowish gold.

"If we think of it as golden, people might think playing on a golden ball field is good luck, or picnicking in a golden park will bring you good health. Because saving water is saving all of us."

It takes a child to think outside the box apparently. Why don't we all have Golden Yards to Save Water this summer! That is one Golden Idea that would help our fish and farmers and fire fighters everywhere!

If you want to read her whole piece, it can be found at www.kqed.org/a/perspectives/R201506160643.

Pat Pettit
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